



Among Friends

July 2013



Fond du Lac Senior Center ...where friends meet!

~ Proudly serving the seniors in the Fond du Lac community for over 45 years! ~

ROOT BEER FLOATS!

ICE CREAM SOCIAL & RAFFLE DRAWING

Thursday, August 29

1:00 - 2:30 p.m.

Lakeside Park Pavilion

Raffle drawing at 2:00 p.m.

RESERVATION FOR ROOT BEER FLOAT IS REQUIRED

Register at the front desk by Friday, August 23

COST: \$2.00 per person - No refunds



Special THANKS
to A&W
for donating the
ice cream, root beer,
cups, spoons & straws!

Rooty Root Bear says:



WELCOME TO THE FOND DU LAC SENIOR CENTER

July 2013



A Free Monthly Publication
Vol. 4 • No. 7

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Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone..... (920)322-3630

Email.....dwinkelman@fdl.wi.gov

HoursM-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



FAREWELL PARTY for Vickie Michels—Office Coordinator

Vickie Michels has accepted a position with United Service Appraisals and, effective June 28, will no longer be serving as Office Coordinator at the Senior Center. Vickie has been part of the Senior Center family for over 8 years, taking the position of Office Coordinator in March 2005. She will be sorely missed by staff and participants alike. Although she enjoyed her time at the Senior Center, an opportunity arose that was "too good to pass up." Vickie promises to visit often and we extend to her our deepest gratitude for her extraordinary dedication and friendship—and our very best wishes as she embarks on a new and exciting opportunity. Although we are sad to see her go, we know that this is a great opportunity for her—and that is why this farewell is so bitter-sweet. Please join us as we express our appreciation for the great job Vickie has done over the last 8+ years with a farewell party:



FRIDAY, JULY 19

OPEN HOUSE 1—3 p.m.

Let's give Vickie a send off appropriate for the terrific gal she is... Stop in any time between 1—3 p.m. for a farewell hug from Vickie and let her know how special she is to everyone here at the Center. Free to attend and open to all. Refreshments will be served.



SUMMER REMINDER...Bring a sweater with you

Sometimes it feels a little cool in the Senior Center compared to the hot temperature outside. Just a reminder that you may want to **bring a sweater with you** when you come for activities this summer. We try to keep room temperatures comfortable, but *as hard as we try, we can't please everyone* - especially when some people come in long sleeves and pants and others come wearing shorts with a sleeveless top and sandals. Please remember to **dress for air conditioning** and not the weather outside. **It's best to dress in layers.**

THANKS FOR BUYING BRATS!

The Friends of the Fond du Lac Senior Center sponsored three brat fry weekends in May at the Piggly Wiggly. Thank you to the DOZENS of volunteers (over 100) who helped with this fundraiser. *Special thanks to Maury Immel, Irv Pea, Bob Katzfey and Rosemary Schorse for your extraordinary effort in making this fundraiser a success!* We also appreciate those who stopped by to buy lunch or dinner—it was nice to see so many familiar faces come out to support the Center!. **This year's brat fry fundraisers raised almost \$3500 for the Friends organization.**

CLOSED FOR HOLIDAY

The Fond du Lac Senior Center will be closed on Thursday & Friday, July 4—5, in observance of Independence Day.

Have a safe and happy holiday!



Visit us online at www.fdlseiorcenter.com

RAFFLE REMINDER...GET YOUR TICKETS IN NOW!

RAFFLE TICKET SALES ARE UNDERWAY

Who will be the BIG winner in this year's Annual Raffle?

IT COULD BE YOU!

Have you turned in your tickets from the June newsletter?

OVER \$5000
in CASH and PRIZES
to be awarded!



See page 11 for a complete listing of raffle prizes.

The drawing will be held on Thursday, August 29, 2013, at 2 p.m.
at the ICE CREAM SOCIAL to be held at the Lakeside Park Pavilion.

Your support will make this a success!

Newsletter Crew

Editor.....Dottie Winkelmann
Coordinator/
Design/Writer.....Judy Lange
Writer.....Jean Holzman
Mail Coordinator.....Vivian Gorden
Labels.....Darlene Lyness
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline for submission in the *Among Friends* is August edition is Monday, July 8. Submit information to Judy Lange.



Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings at 9:10 a.m. for the Senior Center report.

Dottie Winkelmann, Senior Center Director, is guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center. **3**

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Darlene Hoffmann, Mgr.

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W6606 Hwy 23W
(across from Menards)

81 W. Pioneer Rd
(next to Pick 'N Save South)



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* Assisted Living * Skilled Nursing Facility**

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DeNeveu Creek Retirement Community

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920-921-9520



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- Friday Fish Fry
- Wedding Receptions
- Banquets & Dinner Meetings

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UPCOMING PROGRAMS

BAGELS WITH BEN

Hosted by: Ben Baertschy, Financial Advisor

Edward Jones Investments

Have a bagel and chat with Ben on the **1st Monday of each month at 9 a.m.** Ben will be joined by a different guest speaker each month to address specific investment topics. This is an *informational presentation*—no pressure or obligation! Ben will also be available to answer any questions you may have on any investment topic.

JULY 8: Dave Hrea, Lord Abbott

Topic: Market update and how to rebalance and diversify your portfolio to weather stormy markets

Note date change: Due to a scheduling conflict, this meeting is on the 2nd Monday, not the usual 1st Monday.

AUGUST 5: Robin King, CPA

Topic: New tax laws

Bagels by "The Bagelmeister." Free to attend. Pre-registration is appreciated by calling 322-3630 or stop at the front desk.



PATRIOTIC POTLUCK

**FRIDAY—JULY 12, at NOON
SENIOR CENTER
MAIN ACTIVITY ROOM**



We would like to start having theme potluck dinners at the Senior Center on a regular basis. This will be an "anything goes" potluck. **ALL area seniors are welcome!**

PRE-REGISTER You must pre-register so that we can plan seating, refreshments, and activities to follow. Call the receptionist at 322-3630 to register by Wednesday, July 3.

DRESS Participants can dress in patriotic attire, although it is optional. We will have a prize for the most patriotic.

BRING DISH TO PASS For this potluck, you do not have to list what you will be bringing. Let's just see what happens! Some may ask if they can "pay" instead of bringing something—the answer is: No, we will give you some simple suggestions of what to bring. Stop at the front desk for a hand-out of ideas of things that do not require cooking or baking.

ACTIVITY TO FOLLOW After the potluck, we will watch some "wimp.com" videos on the Internet (they can be addictive) and then have an option for other games: Patriotic Bingo, Patriotic Pictionary, and simple board games.

FUTURE Friday, August 23—Salad Potluck

4 Friday, September 27—Bag Lunch More details to follow...

CARFIT OFFERS FREE LUNCH



Helping Mature Drivers Find Their Safest Fit

- **Wednesday, July 17 from 10—noon**
- **Thursday, August 8 from 10—noon**

Personal mobility is critical to safe driving. As we age, changes in our vision, flexibility, strength, range of motion, and even height, may require vehicle modifications to help us feel more confident and comfortable behind the wheel. The CarFit Program could help.

CarFit is a national program designed to give a quick comprehensive check on how well an older driver and their vehicle work together. Trained volunteers will review a CarFit check list for a better "fit" for the driver, which will provide the driver with greater comfort and better vehicle control. A 15 minute appointment is needed—please call 322-3630 to make one. **This is a FREE service. Participants will also receive a Senior Dining Program FREE LUNCH coupon!**



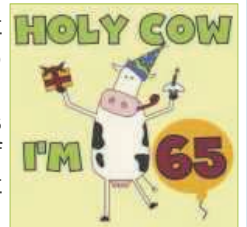
WHEN I'M 65

Thursday, July 18, at 1 p.m.

**Julie Hilbert, Benefit Specialist,
FDL County Department of Senior Services**

Are you nearing the age of retirement and wondering what impact turning 65 will have on you? "When I'm 65" is a program designed to answer this question. Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. Learn answers to questions such as:

- How do I sign up for Medicare?
- What if I'm covered under my spouse's insurance?
- I am still working...Do I need Medicare?
- What exactly are Medicare Parts A, B, C and D?
- What are the new private Medicare plans?



This program is not just for those turning 65—but for anyone who has benefit concerns or questions.

The program will also cover:

- ♦ Working Past Retirement Age
- ♦ Supplemental Insurance
- ♦ Medicare Advantage Plans
- ♦ Social Security

Call 322-3630 to register by Monday, July 15.

UPCOMING PROGRAMS

LAKE WINNEBAGO BOAT RIDE

Thursday—July 18
1 p.m.

**Get ready for a boat ride
on Lake Winnebago!**

Karin Whealon of the Fond du Lac Yacht Club has offered to organize boats for a relaxing boat ride. We will meet at the Yacht Club (on the harbor in Lakeside Park) at 1:00 p.m. and the boats will be back to dock by 2:30 p.m. The Yacht Club has invited participants to stay for a “make-your-own” banana split treat after the ride.



YOU MUST REGISTER TO PARTICIPATE. Please call the Senior Center to register by Friday, July 12, to participate. You will need to give the following information: your name, your phone number, the number of people you would like to reserve space for on the Senior Center Boat Ride, and your boat preference—sail boat or power boat.



On the day of the boat ride, \$5 per person will be collected at the Yacht Club and used toward gas for the boats. In order to participate, you must be physically stable enough to enter and exit from the boat with very little assistance. It is important to be on time as the boats will be boarding promptly at 1:00 p.m.

If the weather is questionable on ride day, contact the Senior Center at 322-3630 after 11 a.m. By that time a decision will be made as to whether the boat ride will take place. There is no rain date for the event. Last year's boat ride was cancelled because of bad weather—so let's keep our fingers crossed that the weather will cooperate!

SHEEPSHEAD CHANGE

As of July, Sheepshead will not be offered at the Senior Center on Fridays unless a room is available on short notice. Players can check with the Sheepshead Volunteer Coordinator on Wednesdays. In addition, as of July 1, Monday and Wednesday Sheepshead players will pay \$1.50 to play (decided by a survey), with \$1.00 given back in prize money and 50¢ given to the Friends of the Fond du Lac Senior Center to help with Center operation.

AARP MEETING NEWS

There will be NO AARP MEETING IN JULY OR AUGUST.

Next AARP Meeting: Thursday, September 19, at 1:30 p.m.



Friday, August 9
from 2—3 p.m.

Bring your grandchildren!

This is a FREE Intergenerational annual event that has become popular with kids and seniors alike. It is open to all seniors and their grandchildren, great-grandchildren, or any other special youngsters. Seniors can also come without bringing children— but children must be accompanied by an adult. We'll have all sizes of candy bars as prizes for an hour of *sweet fun*. Call the Senior Center at 322-3630 by Monday, August 5, to attend. For planning purposes, please indicate how many children you will be bringing.



Frightening Facts About

IDENTITY THEFT

Thursday—August 22, at 1 p.m.

David Thiel & Misty Snyder, Associated Bank

Yes—it could happen to you...Protect yourself!

It's a risk you face every day. Simply by carrying your credit card and driver's license, buying lunch with a debit card or making a purchase online, you could be exposing yourself to identity theft—one of the fastest-growing crimes in the world.

Important things to know about identity theft:



- Hackers are always one step ahead.
- It's spreading like wildfire.
- It's getting harder to detect.
- It's not easy to erase.

Arm yourself!



In this presentation you will learn how others can get access to your personal identification information, how you can protect yourself, and what to do if you become a victim.

This is a FREE informational program open to all ages. Light refreshments will be served. For planning purposes, please register by calling the Senior Center at 322-3630 *by August 19*.

WE'VE GOT CLASS! REGISTER NOW!



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held in at the Senior Center, are taught at a relaxed pace and are open to ALL ages. **HOW TO REGISTER:** Register at MPTC in person (use the C-1 Entrance) or by telephone at 922-8611. Classes often fill fast—early registration is recommended.

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!



MPTC BASIC COMPUTER CLASSES

| COURSE # | DAY | DATE | DAYS / | TIME | TOTAL TIME | INSTRUCTOR | COST (62+) | COST |
|----------|-----|------|--------|------|------------|------------|------------|------|
|----------|-----|------|--------|------|------------|------------|------------|------|

COMPUTER BASICS 1

***Each student is required to bring a jump drive to class**

| | | | | | | | | |
|---------------|---------|-----------------|--------|----------------|---------|--------------|--------|---------|
| 103-483-10152 | T, W, R | July 16, 17, 18 | 3 days | 1:00—4:00 p.m. | 9 hours | Karen Beaman | \$4.00 | \$34.55 |
|---------------|---------|-----------------|--------|----------------|---------|--------------|--------|---------|

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

COMPUTER BASICS 2

***Each student is required to bring a jump drive to class**

| | | | | | | | | |
|---------------|----------|---------------------|---------|----------------|---------|--------------|--------|---------|
| 103-485-20773 | Thursday | September 5, 12, 19 | 3 weeks | 1:00—4:00 p.m. | 9 hours | Karen Beaman | \$4.00 | \$34.55 |
|---------------|----------|---------------------|---------|----------------|---------|--------------|--------|---------|

Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized.

COMPUTER BASICS 3

***Each student is required to bring a jump drive to class**

| | | | | | | | | |
|---------------|---------|--------------------|--------|----------------|---------|--------------|--------|---------|
| 103-490-20774 | T, W, R | October 15, 16, 17 | 3 days | 9:00 a.m.—Noon | 9 hours | JoAnne Smith | \$4.00 | \$34.55 |
|---------------|---------|--------------------|--------|----------------|---------|--------------|--------|---------|

Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2.

BEGINNING DIGITAL CAMERAS

| | | | | | | | | |
|---------------|---------|----------|--------|---------------------|---------|--------------|---------|---------|
| 203-640-20746 | Tuesday | August 6 | 1 time | 9:00 a.m.—1:00 p.m. | 4 hours | JoAnne Smith | \$19.15 | \$24.20 |
|---------------|---------|----------|--------|---------------------|---------|--------------|---------|---------|

Examine the features of digital cameras. Learn the technology and jargon associated with digital cameras such as megapixel and flash memory. Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by email or over the internet.

INTERMEDIATE DIGITAL CAMERAS

| | | | | | | | | |
|---------------|---------|------------|--------|----------------|---------|--------------|---------|---------|
| 203-641-20771 | Tuesday | October 15 | 1 time | 1:00—5:00 p.m. | 4 hours | JoAnne Smith | \$19.15 | \$24.20 |
|---------------|---------|------------|--------|----------------|---------|--------------|---------|---------|

Discover tools to improve both your digital pictures and your digital photography skills.

DIGITAL PHOTO FUN

| | | | | | | | | |
|---------------|----------|----------|--------|---------------------|---------|--------------|---------|---------|
| 203-625-20748 | Thursday | August 8 | 1 time | 9:00 a.m.—1:00 p.m. | 4 hours | JoAnne Smith | \$19.15 | \$24.20 |
|---------------|----------|----------|--------|---------------------|---------|--------------|---------|---------|

Learn fun and creative ways to use those digital photos you've taken. The class will touch on the techniques used in digital scrapbooking and how to create photo wear and gifts. Several software packages will be demonstrated to help you create photo "stories" to share! Come join in the fun!

PINTEREST

***Each student is required to bring a jump drive to class**

| | | | | | | | | |
|---------------|--------|-----------|--------|----------------|---------|--------------|---------|---------|
| 103-669-21789 | Monday | August 26 | 1 time | 1:00—4:00 p.m. | 3 hours | JoAnne Smith | \$19.15 | \$24.20 |
|---------------|--------|-----------|--------|----------------|---------|--------------|---------|---------|

Pinterest lets you organize and share beautiful things you find on the web. People use pinboards to plan weddings, decorate homes, and organize favorite recipes. Learn to browse pinboards and get inspiration from others who share your interests.

MPTC COMPUTER CLASSES FOR RECREATION

| COURSE # | DAY | DATE | DAYS / WEEKS | TIME | TOTAL TIME | INSTRUCTOR | COST (\$2+) | COST (<62) |
|----------|-----|------|--------------|------|------------|------------|-------------|------------|
|----------|-----|------|--------------|------|------------|------------|-------------|------------|

SETTING UP YOUR FACEBOOK PROFILE

| | | | | | | | | |
|---------------|---------|-----------|--------|---------------------|--------|--------------|---------|---------|
| 103-668-21706 | Tuesday | August 27 | 1 time | 9:00 a.m.—1:00 p.m. | 4 hrs. | JoAnne Smith | \$19.15 | \$24.20 |
|---------------|---------|-----------|--------|---------------------|--------|--------------|---------|---------|

Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an e-mail account.

CONNECTING ON FACEBOOK

| | | | | | | | | |
|---------------|-----------|----------|--------|----------------|--------|--------------|---------|---------|
| 103-679-20633 | Wednesday | August 7 | 1 time | Noon—4:00 p.m. | 4 hrs. | JoAnne Smith | \$19.15 | \$24.20 |
|---------------|-----------|----------|--------|----------------|--------|--------------|---------|---------|

Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. Learn how to find friends and share your favorite photos with others.

USING CRAIGSLIST

| | | | | | | | | |
|---------------|---------|--------------|--------|----------------|--------|--------------|---------|---------|
| 103-603-21495 | Tuesday | September 17 | 1 time | Noon—4:00 p.m. | 4 hrs. | Karen Beaman | \$19.15 | \$24.20 |
|---------------|---------|--------------|--------|----------------|--------|--------------|---------|---------|

Learn about buying and selling items on Craigslist, including how to get started, how Craigslist works, understanding the options for listing and paying for items, and developing an awareness of security issues.

IS THE iPad FOR YOU?

| | | | | | | | | |
|---------------|--------|-----------|--------|----------------|--------|--------------|---------|---------|
| 103-606-21704 | Monday | August 26 | 1 time | 9:00 a.m.—Noon | 3 hrs. | JoAnne Smith | \$19.15 | \$24.20 |
|---------------|--------|-----------|--------|----------------|--------|--------------|---------|---------|

Learn about the iPad to determine if you could use the iPad instead of a computer and/or as an additional computer. Connect wirelessly to the internet almost anywhere there is access to a cell tower to send and receive email, read books, take pictures, look at photos, write letters and essays, research family trees, play games, watch movies, and listen to music—all with limited computer knowledge. Find out what decisions you need to make prior to purchase.

INTRODUCTION TO USING THE iPad

| | | | | | | | | |
|---------------|---------|----------------------|--------|----------------|--------|--------------|---------|---------|
| 103-607-21762 | M, T, W | September 23, 24, 25 | 3 days | 1:00—4:00 p.m. | 9 hrs. | JoAnne Smith | \$41.88 | \$54.50 |
|---------------|---------|----------------------|--------|----------------|--------|--------------|---------|---------|

Learn how to use the iPad including how to set it up, how to find, install and use productivity and entertainment apps, how to access the Internet and use email, how to create files, and tips on how to perform useful functions and enjoy other features. You will need to have your own iPad.

SMART VACATION—TRAVEL WISCONSIN

| | | | | | | | | |
|---------------|-----------|--------------|--------|----------------|--------|--------------|---------|---------|
| 891-600-20785 | Wednesday | September 11 | 1 time | 1:00—4:00 p.m. | 3 hrs. | Karen Beaman | \$19.15 | \$24.20 |
|---------------|-----------|--------------|--------|----------------|--------|--------------|---------|---------|

Discover wonderful opportunities for affordable, fun and interesting vacations for all ages in our own beautiful state.

OTHER MPTC RECREATIONAL CLASSES

BEGINNING YOGA

| | | | | | | | | |
|---------------|----------|---------------------------------|---------|------------------|--------|-----------------|---------|---------|
| 807-600-20783 | Thursday | Sep. 5, 12, 19, 26, Oct. 3, 10 | 6 weeks | 10:30—11:30 a.m. | 6 hrs. | Jeanne McDowell | \$26.73 | \$34.30 |
| 807-600-20784 | Thursday | Oct. 17, 24, 31, Nov. 7, 14, 21 | 6 weeks | 10:30—11:30 a.m. | 6 hrs. | Jeanne McDowell | \$26.73 | \$34.30 |

Introduces students to all the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. Students should bring a yoga mat or blanket.

QUILTING PROJECTS FOR PROFIT—WORKSHOP

| | | | | | | | | |
|---------------|----------|---------------|---------|----------------|--------|---------------|--------|---------|
| 301-413-21408 | Thursday | October 3, 10 | 2 weeks | 1:00—4:00 p.m. | 6 hrs. | Beth Herriges | \$4.00 | \$22.33 |
|---------------|----------|---------------|---------|----------------|--------|---------------|--------|---------|

Learn specialized techniques to plan and sew salable quilted projects. Various aspects of small business operation are covered while students work on individual projects.

HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.

BIG BAND DANCING

Sunday—October 13

**Cotton Exchange—
Waterford, WI
COST: \$56**



Country charm & casual elegance surround you as you savor the taste of history of the beautifully restored turn of the century barn. Built in 1881 by the Kempken family, the original historic barn was of the most modern styling in its day. Destroyed by fire, it was lovingly rebuilt with hand-hewn 12" x 12" wooden beams on the existing fieldstone. After surviving over 100 years of change, the historic structure was recently acquired by the Foster family. Known for their long standing tradition of providing unsurpassed southern cuisine and hospitality, the Cotton Exchange is the culmination of their decades of experience.

~PLATED LUNCHEON ENTRÉE~

Garden Salad with Choice of Dressings

Chicken St. Claire (Chicken Breast Stuffed with Asparagus, Ham, and Provolone Cheese and Topped with a Chardonnay Cream Sauce)

Seasoned Smashed Potatoes, Vegetable du jour,

Freshly Baked Rolls & Butter, House Dessert

Coffee, Tea and Milk

Dancing follows with the Jerry Miller 17-piece band playing 40s, 50s, & 60s Music. The Mood Swing Orchestra has an extensive collection of music from the 40's, 50's and 60's all the way into today's big band charts. It's the music that we love to DANCE to, and music that is just plain great to LISTEN to. **Leave: 9:45 a.m. Home: 5 p.m.**



MARY POPPINS

Wednesday—October 30

**Marriott Theater—Lincolnshire, IL
COST: \$72**

A Supercalifragilistic Hit!

The world's favorite nanny arrives on the Marriott stage! *Mary Poppins*, based on P.L. Travers' beloved stories and the classic Disney film, features a magical score and thrilling dancing with "Chim Chim Cher-ee," "A Spoonful of Sugar," "Feed the Birds," and "Let's Go Fly a Kite" coming to life in front of your eyes for the very first time. Come spend a "Jolly Holiday" with Mary and an irresistible cast of characters. Dutch treat lunch stop at the Avalon Restaurant and dinner stop at Culver's. **Leave: 8 a.m. Home: 8:30 p.m.**



A FIRESIDE CHRISTMAS

**Wednesday—
November 6**

**Fireside Theater—
Fort Atkinson, WI
COST: \$95**

For almost twenty years, the Fireside has presented the area's most beautiful and original musical revues in celebration of the most joyous holiday of the year. Each year this Christmas offering has become, without question, the most popular and sought-after show of the season. It's always gorgeous; it's always entertaining; it's always filled with inspiration and love. It always has a new look, a new sound, new music, new choreography, new costumes, new settings, and a new, fabulous cast of performers. What doesn't change from year to year is the everlasting dedication to artistic quality and the true meaning of Christmas. Includes a fabulous lunch at the Fireside. **Leave: 8:15 a.m. Home: 6 p.m.**



OTHER UPCOMING TRIPS

NATIONWIDE TRAVELERS FALL SHOWCASE SHOW

featuring NEW ODYSSEY

Sunday—November 17

Appleton, WI COST: \$57

CLAUSON FAMILY CHRISTMAS ON THE FARM

Friday—December 6

Coloma, WI COST: \$64

JINGLE BELL DOC with DOC SEVERNSON

Friday—December 13

Fox Cities PAC COST: \$106

HAPPY TRAVELERS

OVERNIGHT GAMBLING

September 3—4

- Keshena
- Bowler
- Wittenberg

**Cost: \$105 Double occupancy
\$132 Single occupancy**



Sign up Now!

Includes:

- Motorcoach transportation
- \$10 Casino Play at Menominee Casino, Keshena
- Overnight stay at North Star Mohican Casino, Bowler with \$20 Casino Play and \$5 Breakfast Coupon
- \$15 Casino Play at Ho-Chunk Gaming, Wittenberg
- Family-style dinner at Robbin's Restaurant, Oshkosh

Menu: Pineapple Glazed Ham, Slow Roasted Turkey with Dressing, Home Style Mashed Potatoes, California Medley Vegetables, Fresh Garden Salad, Cracker Basket, Fresh Dinner Rolls, Ice Cream and Coffee, Tea or Milk

Leave: Tues. 9/3 at 7 a.m. Home: Wed. 9/4 at 6:30 p.m.

ONEIDA CASINO DAY TRIPS

WEDNESDAY, AUGUST 28

Dinner at SCHWARZ'S in St. Anna

THURSDAY, SEPTEMBER 19

Dinner at BLANCK'S LAKE AIRE

THURSDAY, OCTOBER 31

Dinner at JIM & LINDA'S in Pipe

**COST: \$54 includes: \$25 for gambling,
fantastic dinner, bus transportation & FUN!**

Leave: 10 a.m.; Home: 7 p.m.



Sign up Now!

**before the seats
fill up and
YOU'RE OUT
OF LUCK!**

9

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GOODBYE AND GOOD LUCK, SISSY!

Vickie has been a “Jill-of-all-trades” for the Center. Besides her normal workload which just seemed to grow & grow over the years, she stood ready and willing to take on any task with a positive attitude and a smile (well, mostly) — from unclogging a toilet, to cleaning out the gutters, from training a new volunteer to escorting a trip in a pinch. Known for her hearty laughter, amusing sense of humor and compassionate nature, she will be sorely missed by staff and participants alike. Many fond memories of Vickie are of her dressed up in her corny costumes—the Christmas Elf, the Easter Bunny, the Great Pumpkin, and the “Duchess of Dips” to name a few. It’s the laughs we will miss the most — and the hugs, those great big “I care” hugs of hers—and sometimes there were tears too. She will forever remain part of the Senior Center family—and never far from our thoughts...

BEST WISHES, VICKIE! WE’LL MISS YOU!

Things just won’t be the same ‘round here without you!

SEE PAGE 2 FOR INFO ABOUT VICKIE’S FAREWELL PARTY
to be held at the Senior Center on Friday, July 19.



Personal message from Vickie:

I would like to thank everyone—co-workers, volunteers, Friends Board of Directors, and Center participants—for the wonderful years at the Senior Center. I have made so many friends and learned so much. I treasure the friendships I have made and will keep them with me now and forever. Thanks for the HUGS! ♥ Love, Vickie

RAFFLE PRIZES

Annual fundraiser sponsored by the Friends of the Fond du Lac Senior Center

TOP PRIZE \$500 Cash donated by *J.F. Ahern Co.*

- \$400 Cash *Zacherl Funeral Home*
- 4 Rounds of Golf with Cart – value up to \$276 *South Hills Golf & Country Club*
- 6' Portable Park Bench – value \$238 *BCI Burke*
- Diamond Pendant Necklace (Sterling) – value \$195 *The Goldsmith*
- \$150 Gift Certificate *Busy Acres Nursery*
- 4 Rounds of Golf – value up to \$148 *Whispering Springs Golf Club*
- Night Stay – value up to \$130 *Holiday Inn*
- Brewers Tickets – value \$112 *KFIZ*
- \$100 Cash *Calvary Cemetery*
- \$100 Cash *Michels Corporation*
- \$100 Cash *Niagara Investments / Joe Ziegler*
- \$100 Cash *Uecker-Witt Funeral Home*
- Night Stay – value up to \$100 *Comfort Inn*
- Handmade Noah's Ark with animals *Waupun Correctional Institute*
- \$75 Gift Certificate *C.W. Smith Jewelers*
- Gift Basket *Lake View Estates*
- 4 Rounds of Golf *Oakgreen*
- Silk Floral Basket *Kremer Pharmacy*
- Gift Package *Gallery & Frame Shop*
- Spa Package *Techniques Salon & Spa*
- \$50 Gift Certificate *Krail Jewelers*
- \$50 Express Gift Card *Korneli's Express*
- Donald Driver Photo Plaque *Carey Frameworks*
- Gift Basket *Horicon Bank*
- \$50 VISA Gift Card *National Exchange Bank*
- Gift Basket *Fox Valley Savings*
- Studio Session & 8x10 *Flohr's Photography* Watkin's Sampler Basket *Bob Hanke*
- \$35 Gift Certificate *Renaissance Salon & Spa* Gift Basket *American Bank*
- \$25 Gift Card (5 prizes) *A&E Jewelers* \$25 Gift Certificate *Gilmore's Liquor*
- \$25 Gift Certificate *Personal Touch* \$25 Gift Certificate *Kathryn's Nail Salon*
- \$25 Gift Card (2 prizes) *Gift 'n Gab* \$25 Gift Certificate *Stuart's Landscaping*
- \$25 Gift Card *Silica Appliance & TV* \$25 Gift Certificate *TJ's Harbor*
- \$25 Gift Certificate *Wood's Floral & Gifts* \$25 Gift Certificate *Wood Sampler*
- One Month Membership - Wellness Center *Lutheran Homes & Health Services*
- \$20 Gift Card *Fat Bruce's* \$20 Gift Card *Gino's Italian Restaurant* (2 prizes)



**2013
RAFFLE
TICKETS
WERE INCLUDED
IN YOUR JUNE
NEWSLETTER**

Numerous prize packages featuring gift certificates and prizes from area restaurants & businesses:

Backyard Grill; Blanck's Lake Aire; Confection's by Joel; Cool River Sports Grill; Domino's Pizza; Fat Joe's Bar & Grill; Friar Tuck's; Haentze Floral & Gifts; Hounsell's Greenhouse; Hunters Point; Jet Stream Car Wash; Ledgerview Lanes; Living Light Studio; Main Exchange; Northwinds Supper Club; Philly's on 4th; Pick 'n Save; Players Club; Pump & Pantry; Red Cabin at Green Acres; Salty's Seafood & Spirits; Schmitt's Oar House; Sebastian's Steakhouse; Sheriff's Dept. Taycheedah Correctional Institute; Wendt's on the Lake and more!

Special thanks to ***Mach Funeral Chapel & Crematory*** and ***Grande Cheese***
for sponsoring the printing of the raffle tickets!

MONTHLY MOVIE

2 SHOWINGS!

"HITCHCOCK"

Monday, July 15 OR Thursday, July 25

11:45 a.m. Lunch (optional)

MENU JULY 15 : Meatloaf, Cheesy Potato Bake, Spinach Salad with Raspberry Vinaigrette, Corn, Applesauce, Sliced Bread and Milk

MENU JULY 25 : Bratwurst on a Bun, German Potato Salad, Corn, Cantaloupe Slice, Chocolate Pudding and Milk

12:30 p.m. Movie: "HITCHCOCK"

BEHIND EVERY PSYCHO IS A GREAT WOMAN...

Provocative story about the making of one of cinema's most iconic films. Plagued by both a reckless ego and nagging self-doubt, Hollywood legend Alfred Hitchcock (Anthony Hopkins) becomes obsessed with a grisly murder story that the studios won't back. Determined, he risks his reputation, his home and even the love of his wife Alma (Helen Mirren), as he sets out to make the film. Ultimately, Hitch wins Alma over, and the two collaborate to create an enduring masterpiece -- "Psycho." In the end, it's a love story between Hitchcock and Alma. **Stars:** Anthony Hopkins, Helen Mirren, Scarlett Johansson, Toni Collette, Jessica Biel, Ralph Macchio, James D'Arcy. 2012, Rated: PG-13, 98 min., Drama.

You must register separately for each activity. Call 929-3937 by 1 p.m. on the day before (or on Friday for a Monday movie) to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older; mandatory charge of \$9.25 for those under age 60). Call 322-3630 to register to attend the movie so that adequate seating & refreshments can be planned. Movies are free and open to the public. FREE popcorn and refreshments.



12 Special thanks to *Family Video*, 32 E. Johnson Street, for generously allowing the Senior Center one free movie rental per month.

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Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

For more information call: Fond du Lac Housing Authority
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM

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RECREATION

Call 322-3630 for more information about any of these activities. [New members are always welcome!](#)

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION – and is not required for participation.

ART CLUB

No meetings in summer months

Thursdays at 1:00 p.m. resumes in fall

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday (odd months): ManorCare

1st Tuesday (even months): Hospice Advantage

2nd Tuesday: Comfort Keepers

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Estates

4th Tuesday (odd months): Shepherd Law Office

Looking for sponsor s: 4th Tuesday of even months, and the occasional 5th Tuesdays

THANK YOU to NEW sponsor—ResCare HomeCare!

BOOK CLUB

3rd Monday at 9:30 a.m.

July 15 *Mrs. Lincoln's Dressmaker*

by Jennifer Chiaverini

No August meeting

September 16 *Three Weeks with My*

Brother by Nicolas & Micah Sparks

October 21 *Into Thin Air*

by Jon Krakauer

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

For information or to play, call Arlene Love at 922-5668.

Thursdays at 12:45 p.m.

For information or to play, call the Senior Center at 322-3630.

CANASTA

1st & 3rd Wednesdays at 1:00 p.m.

COIN CLUB

2nd Tuesday (May–October) at 6:30 p.m.

CRIBBAGE

Wednesdays at 1:00 p.m.

DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

Date Performers

July 3 Bob & Marilyn (DJ/karaoke)

July 10 Roger (accordion) & Eddie (guitar)

July 17 Leota (accordion), Gerry (guitar) & Syl (vocals)

July 24 Kenny "B"

July 31 Carl (concertina) & Gerry (guitar)

DOMINOES

3rd Wednesday at 12:30 p.m.

GERMAN CLUB

No meetings in summer months

Wednesday at 1:00 p.m. resumes in fall

HAND & FOOT (Card Game)

Wednesdays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

LINETTES (EZ Line Dancing)

Wednesdays at 9:00 a.m.

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

PINOCHLE

Fridays at 1:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL Open Pool daily

8 Ball & 9 Ball Leagues will resume in fall

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitches Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch...

Thursday, July 11, at noon

Note date change due to July 4 holiday.

A & A Chinese Buffet

Thursday, August 1, at noon

Schmitt's Oar House

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

STAMP CLUB

3rd Wednesday at 7:30 p.m.

STITCHERY CLUB

2nd & 4th Tuesday at 1:00 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Center if attending.

Supper Club will not be meeting in July Friday, August 16

Social: 5:00 p.m.; Dinner: 5:30 p.m.

Players Club, Rose-Eld Road, Ripon

Directions and carpooling available.

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

WACKY RACES

4th Tuesday at 3:00 p.m. (after Bingo)

Wii BOWLING

Open Bowling by request—call to reserve day and time; Friday afternoon League Play resumes in the fall

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

No meetings in summer months

Fridays at 1:00 p.m. resumes in fall

HEALTH & WELLNESS



July Bike Ride

Join us on Wednesday, **July 10, at 10 a.m. at the Rolling Meadows rest stop.** If you drive there, parking is available. The meeting place is about 1/4 mile south of Rolling Meadows

Golf Course on Rolling Meadows Drive. We will ride along the Wild Goose Trail to Oakfield. The trip is about 10 – 15 miles. The trail is not paved. Please call 322-3630 to register. 50¢ Donation. For cancellations on ride day, call Caroline Dilling at 922-3561 by 9 a.m. Rain date: July 17.



EXERCISE CLASSES

LOW IMPACT CHAIR EXERCISE

with Jaime Roth

Mondays 9:00 – 9:30 a.m.

Sponsored by *All About Life*

CHAIR EXERCISE VIDEO

Men & Women Welcome!

Wednesdays 10:15 – 10:45 a.m.

Video furnished by *Lutheran Homes and Health Services*

WALKING CLASS

Walking class meets every **Monday and Thursday afternoon at 3:45 p.m.** For comfort, wear walking shoes. 50¢ Donation. You will get a good mile workout every time you come.



TAI JI



The next Tai Ji session will **begin August 20 and end October 8.** The class meets on Tuesday mornings from 9–10 a.m. The cost is \$45 for the eight weeks. Participants should wear loose comfortable clothing

and tennis shoes. Friends membership is required. For more information, please call 322-3630.

OTHER EXERCISE

HikersTuesday & Thursday mornings

Line DancingThursdays; 6-7:30 p.m.; \$10 for 4 weeks

Beginning Line DancingThursdays; 10–11:30 a.m.

.....\$7.50 for 3 weeks

Water Exercise Daily 8 a.m. at the Aquatic Center

.....\$3.75 per session

Zumba GoldMonday evenings 5:30 to 6:30 p.m.

Summer Schedule: July 8, 22 and August 26.

\$5 walk ins. Call 920-606-9078 for info.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Agnesian Home Care

Friday, July 12; from 9–10 a.m. 2nd Fri. of the month

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, July 12; from 9–10 a.m. 2nd Fri. of the month

No appointment needed; Donations accepted. 12-hour fast required.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab – A member of Agnesian HealthCare
Lipid Panel + Glucose screening

Tuesday, August 13; from 8:30– 11 a.m.

2nd Tuesday in February, May, August, November

Cost: \$20; Call 322-3630 for appointment. 12-hour fast required.

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

Thursday, July 11, 18, 25, August 8, 15, 29

Cost: \$20; Call 322-3630 for appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, August 9; from 8:30–10 a.m.

2nd Friday of even months

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment; Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS

Renee Waters, Certified Massage Therapist & Naturopath;

Owner of Country Doctor

Tuesday, July 23; 12:30 p.m. through the afternoon

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; Call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, August 13; from 8:30 – 11 a.m.

2nd Tuesday in February, May, August, November

Cost: \$40; Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, July 25, from 6:30–8:00 p.m. (4th Thursday of the month)

Fond du Lac Senior Center, 151 E. First Street, Room 4

DIABETIC SUPPORT GROUPS

Tuesday, July 16, from 4–5 p.m. (3rd Tuesday of the month)

Aurora Health Care Center, 210 American Drive, American Room

GLUTEN FREE SUPPORT GROUP

Next Meeting: **Tuesday, July 9, Picnic from 5:00–7:30 p.m.**

Fond du Lac County Fairgrounds Park Shelter (close to swimming pool)

PROSTATE CANCER

Tuesday, July 9, at 8:30 a.m. (2nd Tuesday of the month)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

PARKINSON'S SUPPORT GROUP

Monday, July 8, from 10–11 a.m. (2nd Monday of the month)

Aurora Health Care Center, 210 American Drive, American Room

HEALTH & WELLNESS



Thursday, July 11 10 a.m. Scams & Schemes to Get Your Money

Everyone wants your money! What do you have to do to protect yourself? Learn about various scams and schemes that are used to try to get your money, including telemarketing, internet and mail.

Learn some simple prevention habits and precautions to protect yourself. Stay up to date on current scams that target seniors. **Public Welcome!** Presented by Tammy Matzdorf, Program Director for Consumer Credit Counseling Service. Tammy is a certified Consumer Credit and Housing Counselor and Educator.

To register, call 322-3630. Refreshments provided.

LOOK GOOD...FEEL BETTER

Wednesday, August 14

10 a.m. – noon

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created **for women of any age** undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, tell her about this beneficial program.

Advance registration is required. Please call the American Cancer Society toll free at 1-800-227-2345.



Health Screenings; Odd Month Bingo Friday, July 12

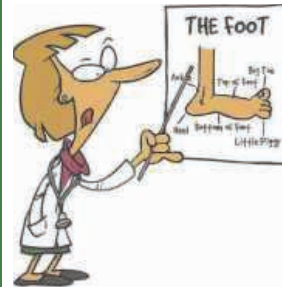
Health Screenings

9–10 a.m.

**Blood Sugar Screening by
Lutheran Homes & Health Services**

**Blood Pressure Screening by Agnesian Home Care
DVD 9:15–10 a.m. "Joy in Movement—Sports and Exercise Options"**

Odd Bingo 10–11 a.m. We're having a PATRIOTIC theme this month. Come with a word list and join the fun. See page 16 for details. Please call 322-3630 to register.



Dr. Maria Saleh Friday, July 26, at 10 a.m. Ask the Foot Doctor

By the time we are seniors, our feet have served us long and well and like other body parts, may be starting to give us some problems. Dr. Saleh will answer questions, explain treatment options and help you to keep your feet happy. Please call 322-3630 to register for this program. Refreshments will be provided.



Mark Your Calendar:

**Balancing Hormones Naturally
sub lunch: Friday, September 13**
**Lifeline Screening: Thursday,
October 17.**

SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will be visiting **Harbor Haven Health and Rehabilitation Center**, located at 459 E. First Street, from **1:30–2:30 p.m., on Tuesday, July 23.**

(Note: Time Change) Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers will be paired with an experienced volunteer for these one-on-one visits. A small gift will be furnished for the resident. Volunteers can be any age. Call the Senior Center at 322-3630 to volunteer or with questions.

SENIOR OUTREACH PROGRAM

Volunteers will meet **Thursday, July 11, from 9–11 a.m.** Please note date change to 2nd Thursday of the month as the office will be closed for Independence Day on July 4. We will have our regular meeting at 9 a.m. to share concerns, encourage one another and turn in reports. Then at 10 a.m. Tammy Matzdorf with Consumer Credit Counseling Service will give a presentation on **"Scams and Schemes to Get Your Money."** Learn useful information to protect yourself and your client.

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

MINI HEALTH FAIR

Mini Health Fairs are held on the 2nd Friday of ODD months from 9–11 a.m.



PATRIOTIC BINGO

Friday – July 12, from 10 – 11 a.m.

Health Screenings 9–10 a.m.

- Blood pressure by *Agnesian Home Care*
- Blood sugar (fast required) by *Lutheran Homes & Health Services*

DVD 9:15–10 a.m. “Joy in Movement—Sports & Exercise Options

Dr. Anthony Goodman states that “we need to recapture the joy that we associated with play as children.” In this video, we will look at some fun sports that offer optimum benefits for our bodies.

Odd Bingo 10 – 11 a.m. “Patriotic Bingo”

Show your love of country by wearing red, white and blue (optional). Bring along a list of words with a “patriotic” theme. You must *pre-register* to attend PATRIOTIC BINGO as *space is limited to 40*. Register at the front desk. Pay 50¢ for 2 cards on Friday, July 12.



Members of the Senior Wellness Coalition (from left: Tammy Johnson, Joscelyn Deanovich and Ann Calnin) show their patriotic spirit. The Senior Wellness Coalition sponsors ODD MONTH BINGO.

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CLASSES & CROPS

ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

| Class | Day | Time | Weeks | Cost |
|---------------------------------------|-----------|------------------------------|-------|--------|
| Oil Painting | Tuesday | 10 a.m.—noon | 4 | \$15 |
| July 9, 16, 23, 30 | | August 6, 13, 20, 27 | | |
| Watercolor | Tuesday | 1—3 p.m. | 4 | \$15 |
| July 9, 16, 23, 30 | | August 6, 13, 20, 27 | | |
| Mixed Media | Tuesday | 3—4:30 p.m. | 4 | \$10 |
| July 9, 16, 23, 30 | | August 6, 13, 20, 27 | | |
| Drawing | Wednesday | 6—8 p.m. | 4 | \$15 |
| July 10, 17, 24, 31 | | August 7, 14, 21, 28 | | |
| Country Line Dancing | Thursday | 6—7:30 p.m. | 4 | \$10 |
| July 11, 18, 25, August 1 | | August 8, 15, 22, 29 | | |
| Beginning Country Line Dancing | | 10—11:30 a.m. | 3 | \$7.50 |
| July 11, 18, 25 (Thursday) | | August 15, 22, 29 (Thursday) | | |

SCRAPBOOK CROPS ✂--✂--✂

• **Kim Stern** has two remaining 2013 Scrapbooking Crops scheduled at the Senior Center: **July 27 & October 26**, from **9 a.m. to 9 p.m.** All skill levels and all ages are welcome. The \$18 registration fee includes lunch & dinner, a “make & take” & a large space for scrapbooking. **To register: please call Kim at 517-1108.**



• **Colette Jaeger** will hold a Scrapbooking Crop at the Center on **September 28**, from **9 a.m. to 9 p.m.** The cost is \$20 and includes lunch, dinner, and space to scrapbook away. **To register: please call Colette at 602-2486.**

CARD MAKING CLASS with Jana Secord



No class in July
Next class: Tuesday, August 13;
3 sessions to choose from: 3:15—4:45 p.m., 5:15—6:45 p.m. or 7—8:30 p.m.

Make three beautiful cards for \$6 or cards and class is FREE if you place a minimum \$15 product order towards making your own cards!

In August the new holiday catalog will be out – but it's too nice out to think that far in advance! Come see what new techniques Jana is trying out next!

To register, contact Jana at 920-979-5262 by August 12.

SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m. Craft Intake held every Tuesday from 9:30 a.m.—1:00 p.m. Crafters welcome to inquire about consignment opportunities
- FDL County Department of Senior Services Dining Program
Meals served at Senior Center Monday—Thursday at 11:45 a.m.
 Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk.
 Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Service Benefit Specialist Julie Hilbert can be reached at 929-3521.

MPTC CLASSES COMING IN FALL

Recreational classes offered at the Senior Center:

QUILTING TECHNIQUES FOR PROFIT

Learn a variety of techniques to plan and sew salable quilted projects. Various aspects of small business operation are covered while students work on individual projects.

Instructor: Beth Herriges

Cost for the 2-week session:

Age 62 or over—\$4.00; Under 62—\$22.33

Course #: 301-413-21408

Dates: Thursday—October 3, 10

Time: 1—4 p.m.



BEGINNING YOGA

Introduces students to all the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. Please bring a yoga mat or blanket.

Instructor: Jeanie McDowell

Cost for the 6-week session:

Age 62 or over—\$26.73; Under 62—\$34.30

Course #: 807-600-20783

Dates: Thursdays

September 5, 12, 19, 26, October 3, 10

Time: 10:30—11:30 a.m.



Register for these classes at MPTC in person (use the C-1 Main Entrance) or by telephone at **922-8611** (ask for registration desk). You will need the course number when you call MPTC. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes often fill fast.

RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

CHRISTMAS IN JULY

Monday—July 8; 10:15 a.m. in Oshkosh

See collection of 1,000 nativities at the United Methodist Church in Oshkosh; lunch at Robbins Restaurant to follow. Also Christmas gift exchange. Cost \$3 plus \$5 gift exchange & Dutch treat lunch.



"In the Good 'Ole Summertime"

QUEEN CROWNING & REDUATION LUNCHEON

Wednesday—July 24; 11:30 a.m. Social / Noon Lunch

Cost: \$3 (payable at registration), plus Dutch treat lunch at restaurant. Lunch at Faro's, Queen crowning, and "reduction" for Vickie Michels.

WINE TASTING PARTY

Wednesday—August 7; 1:30—3:00 p.m. at Cuiak's Wine Market, 47 N. Main Street

Cost: \$20 Limit of 12. Educational and samples of wine and cheese.

RED HAT TEA PARTY

Friday—August 16; 1—3:30 p.m. Senior Center

Cost: \$5 Limit of 40. See binder for more details.

LABOR DAY PARADE

Deadline to register for participating is August 20.

PARADE: Monday—September 2

18 See important details in the binder regarding the Parade.

THIS 'n THAT

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Stop in and browse our nice assortment of patriotic items...kitchen towels, pot holders, scrubbies, Kleenex box covers and more...

See something you like, but it's the wrong size or color? Many of the items sold in the shoppe can be custom ordered...stop in for details.



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COMMUNITY

SENIOR DINING GROUP



The FDL Senior Dining Group invites all men & women 55 and older to join them on Tuesday nights. The group meets weekly for dining, with cocktails at 5:30 p.m. and dinner at 6:30 p.m.

| | | |
|---------|----------------|------------------------------------|
| July 2 | Alibi's | 1300 W. Fond du Lac St., Ripon |
| July 9 | Log Cabin | W2701 4th Street Rd., Dotyville |
| July 16 | Wendt's | N9699 Lakeshore Dr. (Hwy 45), FDL |
| July 23 | Roepke's | W2686 St. Charles Rd., Charlesburg |
| July 30 | Rock the House | N11716 State Rd. 175, Brownsville |

**GREAT OPPORTUNITY TO SOCIALIZE
AND MEET NEW FRIENDS!**

More info: call Max at 920-269-4180 or Mary Jo at 960-2532.

ANNUAL TAYLOR PARK PICNIC

Sunday, July 28
Taylor Park Pavilion
Noon to 5 p.m.



ADULTS OF ALL AGES WELCOME!

Please bring a dish to pass, your own beverage, and lawn chairs. Come for an afternoon of visiting and relaxing and even bring your swim suits if you like. The Friends of Taylor Park are working hard to ensure that Taylor Pool remains open. This picnic is a fundraiser for the Friends of Taylor Park— who are still dedicated to ensuring that Taylor Pool remain open for citizens of our community. There is no charge to attend—but donations are welcome! Reservations are appreciated — please call Nancy Smet at 922-0430 with questions or to make a reservation.



NEWS FROM THE ADRC

Aging & Disability Resource Center

50 N. Portland Street

For more information, call 929-3466

Long Term Care programs and services for the Elderly and Disabled

Alzheimer's Representative

July 3, from 9 a.m. – Noon

Get answers to your questions concerning memory loss, treatment options, and planning for the future by calling 920-838-1311 for an appointment. Walk-ins are also welcome.

Veteran Center Counselor for Readjustment Issues

July 19, from 8 a.m. – 4:30 p.m.

Appointments appreciated by calling 414-434-1311 or drop in between 8 a.m. and 4:30 p.m. at the ADRC.

Stepping On Fall Prevention Program

Two 7-week session programs available:

starting July 30 in Ripon OR

starting July 31 in NFDL

Learn how to prevent falls through education and exercise. Please call the ADRC at 929-3466 for more information or to register.



Living With Alzheimer's Disease

Early Stages: July 29, August 5 & 12;

1–3 p.m.; Waupun Library

Late Stages: July 31, August 7;

1:30–3:30 p.m.; ADRC

An opportunity for caregivers to learn about the early/late stages of Alzheimer's and related dementias. Gain information about providing care, communicating, and developing resources. To register or for more information, please call 920-838-1311.

SUMMER 2013 OUTDOOR CONCERTS

Come celebrate Buttermilk Festival's 25th Anniversary Season!



**Fond du Lac
Symphonic
Band**

Schedules for the FDL Symphonic Band and Music Under the Stars outdoor summer concert series are available at the Senior Center front desk.





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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

♥LCW



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